

Monday Classes

ADAPTIVE HATHA YOGA †Foothill (class meets M & Th)

Date: 9/24 - 12/10

Location: Multipurpose Rm. A

Time: 8:45 – 10:00 a.m.

Instructor: M. Alexander

Cost: Free

Adaptive Hatha Yoga is a gentle yoga that addresses the art of aging. This class will promote strength and flexibility through balance, body alignment, and coordination, honoring our limitations of inflexibility, lessened strength, thinning bones, and limited mobility. Instruction will include modifications of the postures, breath techniques, relaxation, meditation, and cultivation of awareness and kindness towards ourselves. Wear loose-fitting clothing and bring a large towel. For new class members: a doctor's release is required when an injury, illness or accident has occurred within the last six months. † See pg. 23 for enrollment information.

ENGLISH AS A SECOND LANGUAGE (ESL)

Date: 9/6 - 12/20 (No class 11/12, 11/22, 11/23)

Cost: Free

- Four ability levels to choose from (see below)
- Class meetings 3 times per week: Mondays, Thursdays and Fridays.
- All classes include instruction in listening, speaking, reading, and writing.
- Please check with instructor for enrollment information.

BEGINNING LITERACY/LOW (No class 11/12, 11/22, 11/23)

Date: 9/6 - 12/20

Location: Meeting Room

Time: 8:45 a.m. – 10:15 a.m.

Instructor: S. Altus

This class is designed for students who have never studied English or for students who can read, write, understand and/or speak simple words and phrases.

BEGINNING HIGH (No class 11/12, 11/22, 11/23)

Date: 9/6 - 12/20

Location: Meeting Room

Time: 10:30 a.m. – 12:00 p.m.

Instructor: S. Altus

This class is designed for students who can read short articles and write several sentences in English. These students can also speak and understand common English words and phrases.

INTERMEDIATE (No class 11/12, 11/22, 11/23)

Date: 9/6 - 12/20

Location: Multipurpose Rm. B

Time: 8:45 a.m. – 10:15 a.m.

Instructor: N. Ross

This class is designed for students who can read and write about familiar situations. These students can participate in conversations about everyday subjects and subjects they are interested in.

ADVANCED LOW (No class 11/12, 11/22, 11/23)

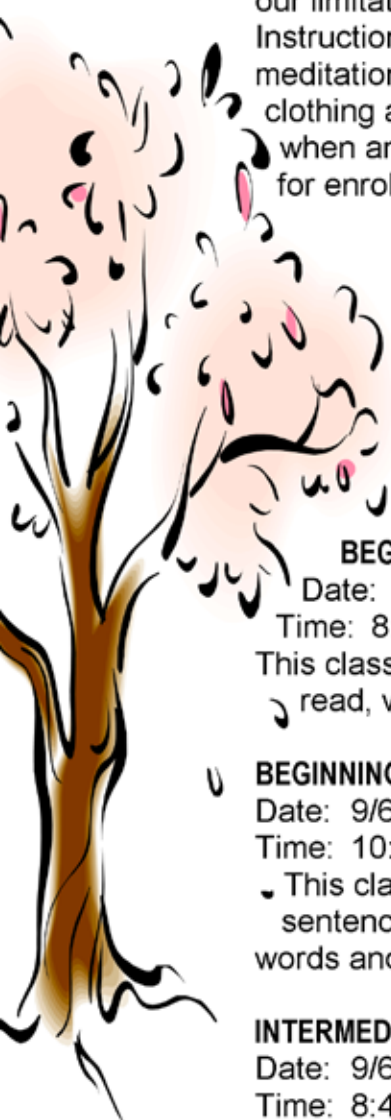
Date: 9/6 - 12/20

Location: Multipurpose Rm. B

Time: 10:30 a.m. – 12:00 p.m.

Instructor: N. Ross

This class is designed for students who use English independently in most familiar situations.





Monday Classes

CREATIVE STITCHERY (No class 9/3, 11/12, 12/24)

Date: Ongoing

Time: 9:00 a.m. - 12:00 p.m.

Cost: Free

Location: Arts & Crafts Room

Instructor: J. Ferreira

You are welcome to bring your own stitchery project, or you might want to learn one of the interesting needlework or crafts being taught. New students are welcome!

SURFING THE INTERNET **MV-LA (class meets M & W) (No class 11/12)

Date: 10/10 - 11/5

Time: 9:00 a.m. - 11:30 a.m.

Cost: Age 55+ \$20/others \$84

Location: Technology Room

Instructor: M. Singer

Learn essential web search techniques and tips. You will be introduced to Yahoo email, creating a web account, and learn how to print information from the internet. Prerequisite: "Meet the PC" (pg. 8,17) or equivalent. **See pg. 23 for enrollment information.



INTRO TO BUILDING A PERSONAL WEBPAGE **MV-LA (class meets M & W) (No class 11/12)

Date: 11/7 - 11/28

Time: 9:00 a.m. - 11:30 a.m.

Cost: Age 55+ \$20/others \$84

Location: Technology Room

Instructor: M. Singer

Explore the fundamentals of webpage design and learn to create and customize your own pages. No programming knowledge needed! Learn to use popular community sites such as MySpace and Yahoo-360. Prerequisite: "Meet the PC" (pg. 8,17) or equivalent and some experience with the Internet. **See pg. 23 for enrollment information.

T'AI CHI (No class 9/3, 11/12, 12/24)

Date: Ongoing

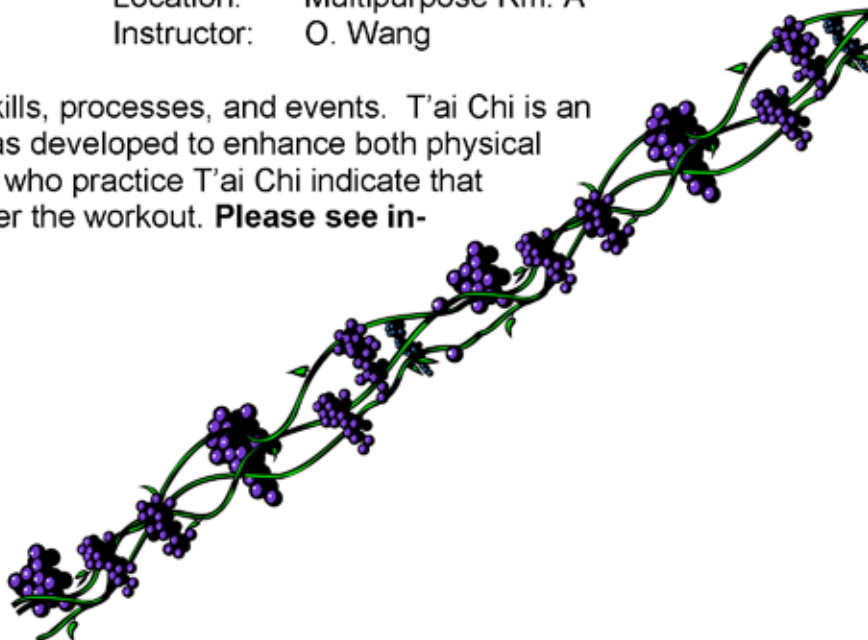
Time: 10:15 a.m. - 12:00 p.m.

Cost: \$12/month

Location: Multipurpose Rm. A

Instructor: O. Wang

This class fosters positive mind-body skills, processes, and events. T'ai Chi is an ancient Chinese martial art form that was developed to enhance both physical and emotional well-being. Many people who practice T'ai Chi indicate that they feel more peaceful and relaxed after the workout. **Please see instructor for enrollment information.**



Monday Classes

EXPRESSIVE HATHA YOGA †Foothill (class meets M & Th) (No class 11/12, 11/22)

Date: 9/24 - 12/10

Location: Dance & Movement Rm.

Time: 10:30 a.m. - 11:45 a.m.

Instructor: M. Alexander

Cost: Free

Yoga is a way of life moving toward oneness. Through promoting an inner connection, you will have an opportunity to explore your own way of moving and being in basic postures, repetitive rhythmical movements, breath techniques, relaxation, and meditation. Focus will be on enhancing awareness between body-mind-breath, the process of expression, and levels of difficulty as you cultivate your strength, flexibility, coordination, balance, body alignment, stamina, loving kindness, and peace. Wear loose fitting clothing. Ease in transitioning from the floor is required. † See pg. 23 for enrollment information.

GENEALOGY **MV-LA (class meets M & W)

Date: 9/24 - 10/10

Location: Technology Room

Time: 1:00 p.m. - 3:30 p.m.

Instructor: V. Hamilton

Cost: Age 55+ \$20/others \$84

Come to this hands-on class and collect genealogical information. Each class session will emphasize one of the topics relating to land records, wills, miscellaneous documents, organization of family history, and the latest tool ~ DNA. You will create family files on the Family Tree Maker program and learn to repair and copy old photos. Prerequisites: "Meet the PC" (see pg. 8,17), Windows classes, Internet classes. Students are expected to have knowledge of the computer and keyboard functions. **See pg. 23 for enrollment information.

GENERAL CONDITIONING †Foothill (class meets M & Th) (No class 11/12, 11/22)

Date: 9/24 - 12/10

Location: Multipurpose Rm. A

Time: 1:00 p.m. - 2:20 p.m.

Instructor: S. Lohmann

Cost: \$41 (fee includes both classes)

Warm-up, walking aerobics, toning, and stretching. Learn to strengthen your body. Mondays from 1:00 p.m. - 2:20 p.m. and Thursdays from 10:15 a.m. - 11:15 a.m.

† See pg. 23 for enrollment information.

WOODCARVING: DROP-IN (No class 9/3, 11/12, 12/24)

Date: Ongoing

Location: Arts & Crafts Room

Time: 1:00 p.m. - 4:00 p.m.

Instructor: J. Hunting

Cost: Free

A friendly informal class for beginning and more experienced carvers. The goal of this class is to become more knowledgeable about the types of woods, finishes and skills applicable to this craft.



Monday Classes

QUILTMaking TECHNIQUES **MV-LA

Dates: 9/10 - 11/5

Time: 1:30 p.m. - 4:00 p.m.

Cost: Age 55+ \$20*/others \$84*

Location: Multipurpose Rm. B

Instructor: P. Bellamy

This is a class for those with some quilting experience. Three projects will be presented during the session. Projects will use both fast machine techniques and handwork. Participation in at least one of the new projects is expected. We will also do exercises to help you successfully use color and design in making quilts. Students will be asked to regularly share their projects and information for the enrichment and enjoyment of all. You will need access to a sewing machine for some of the projects. *\$3.00 materials fee payable to instructor. **See pg. 23 for enrollment information.

CHINESE FOLK DANCE (No class 9/3)

Date: 6/18 - 10/15

Time: 7:00 p.m. - 8:30 p.m.

Cost: See Instructor

Location: Dance&Movement Rm.

Instructor: P. Chen

The format of the class includes stretch and barre fundamentals followed by Chinese Folk Dance. Anyone can join regardless of prior dance experience. Besides getting in shape, you can also learn about Chinese culture and make new friends!

Contact Instructor P. Chen at (650) 949 - 5088 for registration.

SOCIAL DANCE CLUB (No class 9/3, 11/12, 12/24)

Date: Ongoing

Time: 7:00 - 9:00 p.m.

Cost: Free

Location: Social Hall

Instructor: M. Wu

This club plays American, Chinese and South American music from the 50s, 60s and 70s. The types of dance music include the Cha Cha, Fox Trot, Rumba, Swing, Tango and Waltz. We are constantly upgrading our music to encompass different mediums and equipment. Come join our Monday night "Dancing with the Oldies" and dance the night away.

